

Lanes 5 & 6

1. 600 Warm Up

2. 6x125 Choice on 2:30

-50 Kick

-50 Drill

-25 Build

3. MAIN SET - Goal here is to sprint, and swim longer distances while tired. All Sprints are choice. NO EXTRA REST!

100 Stroke on 1:40

2x25 sprint on :30

200 Free on 2:50

2x25 sprint on :30

300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 4:45

2x25 sprint on :30

400 Free on 5:30

2x25 sprint on :30

300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 4:45

2x25 sprint on :30

200 Free on 2:50

2x25 sprint on :30

100 Stroke on 1:40

(50 easy)

4. Pull Set: 8x125 on 1:50

#1 & #5: Smooth

#2 & #6: 25 picked up, 75 smooth, 25 picked up

#3 & #7: 50 picked up, 25 smooth, 50 picked up

#4 & #8: Picked Up

5. Warm Down: 6 x50 Easy on 1:00

Total: 4550

Lane 4

1. 600 Warm Up

2. 6x125 Choice on 2:45

-50 Kick

-50 Drill

-25 Build

3. MAIN SET - Goal here is to sprint, and swim longer distances while tired. All Sprints are choice. NO EXTRA REST!

100 Stroke on 1:45

2x25 sprint on :35

200 Free on 3:10

2x25 sprint on :35

300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-

combo for IM) on 5:10  
    2x25 sprint on :35  
400 Free on 6:15 (~1:35 per 100)  
    2x25 sprint on :35  
300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 5:10  
    2x25 sprint on :35  
200 Free on 3:10  
    2x25 sprint on :35  
100 Stroke on 1:45

(50 easy)

4. Pull Set: 4x125 on 2:00  
#1: Smooth  
    #2: 25 picked up, 75 smooth, 25 picked up  
#3: 50 picked up, 25 smooth, 50 picked up  
#4: Picked Up

5. Warm Down: 5 x50 Easy on 1:00

Total: 4000 Yards

Lane 3

1. 600 Warm Up

2. 4x125 Choice on 2:45

-50 Kick  
-50 Drill  
-25 Build

3. MAIN SET - Goal here is to sprint, and swim longer distances while tired. All Sprints are choice. NO EXTRA REST!

100 Stroke on 1:50  
    2x25 sprint on :35  
200 Free on 3:15  
    2x25 sprint on :35  
300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 5:15  
    2x25 sprint on :35  
400 Free on 6:30 (~1:40 per 100)  
    2x25 sprint on :35  
300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 5:15  
    2x25 sprint on :35  
200 Free on 3:15  
    2x25 sprint on :35  
100 Stroke on 1:50

(50 easy)

4. Pull Set: 4x125 on 2:10  
#1: Smooth  
    #2: 25 picked up, 75 smooth, 25 picked up

#3: 50 picked up, 25 smooth, 50 picked up  
#4: Picked Up

5. Warm Down: 4 x50 Easy on 1:00

Total: 3700 Yards

Lane 2

1. 500 Warm Up

2. 4x125 Choice on 2:45

-50 Kick

-50 Drill

-25 Build

3. MAIN SET - Goal here is to sprint, and swim longer distances while tired. All Sprints are choice. NO EXTRA REST!

100 Stroke on 2:00

2x25 sprint on :40

200 Free on 3:40

2x25 sprint on :40

300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 5:30

2x25 sprint on :40

400 Free on 7:15 (~1:45 per 100)

2x25 sprint on :40

300 Stroke/Fr (25 Fly/25 Fr -or- 50 bk/50 fr -or- 50 Br/50 fr -or-  
combo for IM) on 5:30

2x25 sprint on :40

200 Free on 3:40

2x25 sprint on :40

100 Stroke on 2:00

(50 easy)

4. Warm Down: 8 x50 Easy on 1:00

Total: 3300 Yards

Lane 1

1. 400 Warm Up

2. 4x125 Choice on :20 rest

-50 Kick

-50 Drill

-25 Build

3. Swim Set

50 Swim Easy :10 rest

2x25 sprint :20 rest

100 Swim Easy :20 rest

2x25 sprint on :20 rest  
150 Swim Easy : 30 rest  
2x25 sprint on :20 rest  
200 Swim Easy : 40 rest  
2x25 sprint on :20 rest  
150 Swim Easy : 30 rest  
2x25 sprint on :20 rest  
100 Swim Easy :20 rest  
2x25 sprint on :20 rest  
50 Swim Easy :10 rest

4. 4x125 Choice on :20 rest (Yes, Again)  
-50 Kick  
-50 Drill  
-25 Build

5. 6 x 25 easy

Total: 2700 Yards